



## Mr. Carrier and the Reading Garden

Inside this issue:

2. Resources, Resources

3. Real Life Application— In the Garden

4. Kids 3K; in the Reading Garden; Things to do in Summer

...creating an information bridge that allows educators easy access to ready to use, research based nutrition information.

University of California and U.S. Department of Agriculture cooperating

1432 Abbott Street • Salinas, CA 93901

phone 831.759.7350 fax 831.758.3018

http://cemonterey.ucdavis.edu



A quiet bench in a green-bordered nook, a serene statue keeping campus watch, a sunny rondel paved with bricks bearing graduates' names, and all of this well-kept and clean; respected by students ~ what's going on at Harden Middle School?

Well, this is the Reading Garden, a project by Mr. Carrier, a teacher at Harden. Carrier, a modest Master Gardener, spoke

to Edible Express about the Reading Garden.

*“What inspired the project?”*

The name bricks at the Steinbeck Center. They did their bricks for money ~ we do ours for achievement.

*What assumptions about students and meditative spaces underpin this work?*

- Students will take care of a place that honors them.
- Students will respond positively to beauty in their lives.
- Gardens will gentle the school.

*Had you seen something similar?*

No. This is a new idea to me. I knew things could be better than rows of raised beds behind a chain link fence.

*The objective of the garden?*

To honor the students

To start a pre-vocational program in gardening

To open my teaching to new ideas and possibilities

*What about student participation?*

Students have helped throughout the process. They help in short spots before their attention wanders. I have to balance work and play in the garden so the kids like to hang out there and can point out how they have contributed.

*(continued on back page)*



Here are your links to EASY FIND content-standard correlation pages for Reading Across MyPyramid:

- Kinder: <http://ucce.ucdavis.edu/files/filelibrary/1598/36390.pdf>
- 1st Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36391.pdf>
- 2nd. Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>
- 3rd Grade: <http://ucce.ucdavis.edu/files/filelibrary/1598/36392.pdf>

# Let UCCE make NUTRITION EDUCATION easy for you!

When your District Wellness Committee comes calling,, remember that "Implementation" is our middle name!

Curriculum, dvds, videos or books from our resource library, classroom visits, special projects and other teacher support- we can supply what you need, Pre-K - Adult. It's free, you know.

**Go, Glow & Grow!**  
Age 3

**Reading Across MyPyramid**  
(includes selected books)  
K-3

**Happy Healthy Me...**  
Moving, Munching & Reading  
Through MyPyramid  
Age 4 and up  
Includes accompanying books

**TWIGS**  
Great Garden-based!  
K-6th grades

**Farm to Fork for Kinder**  
Fabulous new pilot brings together class, cafeteria, garden and home. Standards-based, of course.

**NEW!**

How do you feed your appetite? Teens spend big bucks to keep their stomachs satisfied. Where you choose to get your food determines how much money you spend."

From UC Cooperative Extension in Riverside we get this great new resource for teens (and their teachers). It's online- and it's FREE. Go here to check it out:

<http://moneytalks.ucr.edu/english/home.html>

Kathleen has a few sample workbooks- just a few!

Call 759-7373 for yours today.

So many good choices - what to do?



**Nutrition To Grow On**  
Garden-based  
Grades 4-6

**EatFit**  
middle and high school

This is a popular extra to use with the Eatfit curriculum in grades 5-12

You asked for it- we have it! Both the DVD and EXCELLENT activities!



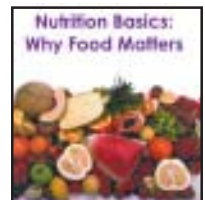
To receive FREE nutrition curriculum & other goodies for your class, call Kathleen 831.759.7373

**NEW!**



A complete **VERB** activity zone pack: sports equipment, cones, badges, posters, PR radio spots~ you name it. It's COOL ~ it's NEW. WOW!

New from Learning Seed



Some 14 year olds do NOT know that their burgers come from cows - this film tells all.



Up-to-date and very practical for all.



Realistic advice & great tools for making the right choices. Includes class activity guide.



**WATER** - Swim in it, and drink plenty of it.

**Swim~ The pool in Gonzales opens Sat May 26th with a "Dive-In Movie". Other area pools will open from this weekend through early June. jump in and play!**

**Drink~** Water is the best thirst quencher after a fast soccer game or bike ride, students report. With bodies that are 60 to 70% water, humans need to drink enough water each day to stay **hydrated**.

How do you know if you are well **hydrated** (if you have been drinking enough water)? Hold out your hand and pinch the skin on the top of the knuckle of your middle finger. If the skin snaps back down immediately, you've been drinking enough water. If it stay pinched up, even if only for a moment, you are a little **dehydrated**. You need to drink more water. How much?

From 7 glasses a day for a 60-lber to 11 glasses for a 150-lber will do it. 3

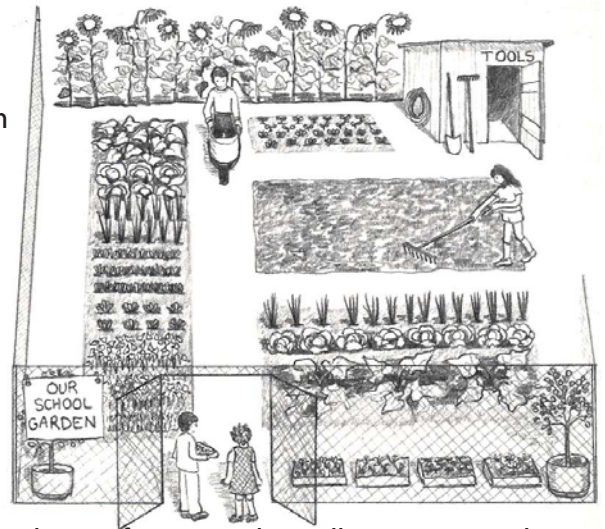


# Real life applications...

*in the garden...*

School is almost out. You'll want to put your class garden to bed for the summer unless there will be someone around to care for it. Here's a good way to prevent weeds from taking over:

- Remove all weeds
- Cover paths and walkways with wood chips (eucalyptus has natural oils that prevent plant growth, so keep eucalyptus chips out of the garden)
- Cover the garden itself with a heavy layer of straw ~ this will prevent weed growth and can be turned back into the soil in the fall semester.



**Carrot Planter** ~ a great end of school take-home garden activity for K-I students



Cut the top 2 inches off a large carrot (and eat the rest!). Hollow out the center. Poke 3 holes in the carrot piece and attach string as illustrated. Have the students fill the hollowed center with moist soil and alfalfa or watercress seeds.

**Materials needed:** carrots, string, soil and seeds.

How about one last activity for older students, with an emphasis on science?

## Identifying the parts of plants

Place lima beans in a moist paper towel for a few days until the seed has cracked. Have the students locate and identify the main parts of the plant ~ roots, stem, leaves. Have them examine the parts with a magnifying glass and draw what they see.

**Materials needed:** lima bean seeds, container, paper towels, magnifying glass.



These great garden activities are from:  
**CHILDREN'S GARDENS:  
A FIELD GUIDE FOR  
TEACHERS,  
PARENTS AND VOLUNTEERS**  
by  
Elizabeth Bremer & John Pusey  
Illustrations by Caroline Arnold  
UC Cooperative Extension  
Common Ground Garden  
Program

This **Carrot Planter - or - Plant Parts** activity helps students meet the following Science content standards:

<b>Kindergarten:</b>	1A, 1C, 2C, 4A, 4B, 4C, 4D, 4E
<b>1st Grade:</b>	2B, 2E, 4A, 4B, 4D
<b>2nd Grade:</b>	2C, 2F, 4A, 4D, 4F, 4G
<b>3rd Grade:</b>	3A, 5A, 5E

# Just Run's Kids 3K



The second Kids 3K running race, sponsored by the Just Run™ kids running program of the Big Sur Marathon, went off without a hitch on Saturday April 26th.

Here Tom Nolan of San Francisco and his running buddy, Rita Leon of Monterey, jog joyously out from the starting gate with thousand of others. Rita - a Harden Middle School teacher and triathlete, participates in UC Cooperative Extensions' Youth FSNE nutrition education program, and supports good nutrition and vigorous play as the building blocks of health.

Next race will be in the fall - you and your students could spend at least part of the summer training.

## Reading Garden (from page 1)

Students respect the space ~ does this support the original assumptions?

Absolutely. Students like the area. It offers personal and beautiful places to visit, read, play games. The garden *does* gentle us. When the rowdy bunch comes in, people stop and stare at them. Students say: "The garden is beautiful" ~ "Are you making more gardens?" ~ "We could put some seats over here".

Anything else?

I have taught in many schools. Not all would support a garden like ours.

So many factors have to fall into place. Regardless of what the adults do, the kids could trash it in a weekend if they chose. Our [learning] families and kids just don't think that way. Healthy environments just get healthier for a reason. I doubt if a garden could, by itself, change a culture of hate. We are very fortunate to live in Salinas".



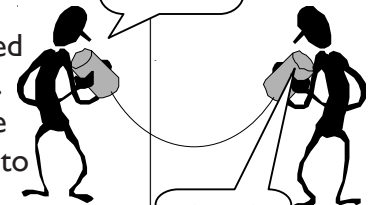
Mr. Carrier points out some new raised beds behind a fanciful metal sculpture. These are the beginning of the "edible schoolyard". We'll be back in the fall to visit at harvest time, Mr. C.

\*Organize a scavenger hunt. Winning team can provide ingredients to make ice cream! Look for things like: 1 red sock, a dog's chew toy, 3 plums, a newspaper, etc, - or make your own list.

Make ice cream

Try star gazing: find a viewing spot away from city lights. Borrow a glow-in-the-dark star book Invite your buddies - make some hot cocoa - settle down in sleeping bags & check out the summer sky. Use your book (and a flashlight) to identify real

What will you plant?



Corn & beans

constellations, then choose stars to make up a few "constellations" on your own.

Make fresh lemonade (remember to use a simple syrup to sweeten it - boil 1/2 water & 1/2 sugar)

4



The University of California Cooperative Extension's Youth Nutrition Education Program is for teachers, youth program coordinators, staff and counselors working with students at schools that have 50% or more participation in the Free and Reduced School Meal Plan, in Monterey and Santa Cruz Counties. Our goal is to encourage students to try many different foods, eat plenty of nutritious fruits and vegetables and enjoy appetizing and nutritious snacks, especially whole grain snacks that they can prepare themselves. Gardening projects help students learn about plant food sources from hands-on experiences.

UCCE offers free on-site workshops, for teachers or staff, free ongoing program support and free curriculum - choose from a variety of educator-developed selections geared toward helping your class to achieve AYP goals. Partner with Youth FSNE to practice math and language skills for testing, using activities with nutrition content.

For more information call Kathleen at 831.759.7373 .

